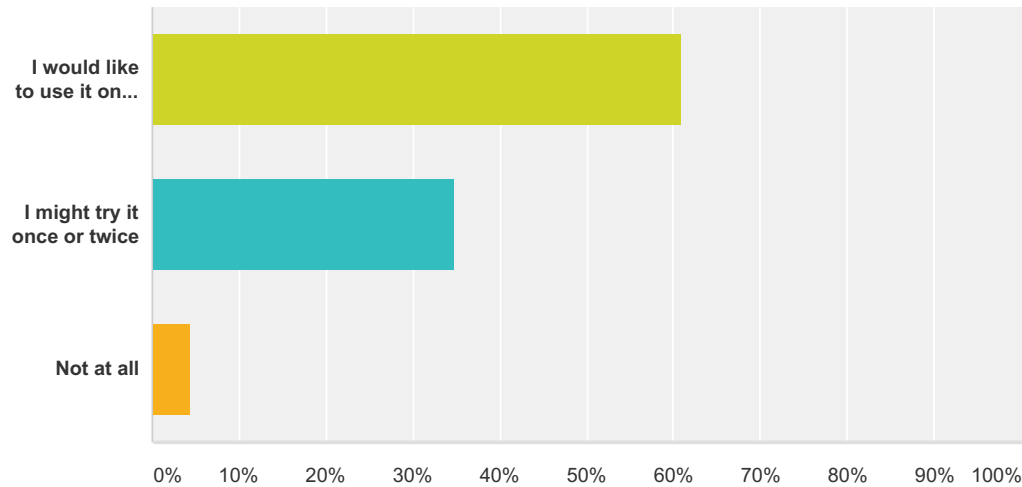


Q1 How often do you think you would use the Fitness Zone?

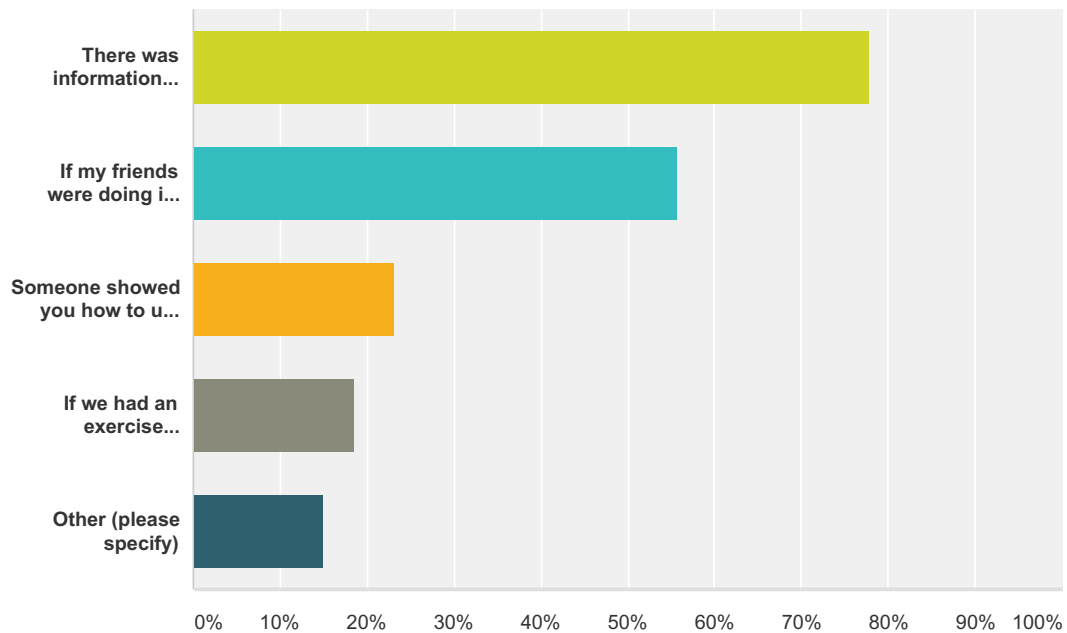
Answered: 92 Skipped: 0



Answer Choices	Responses	
I would like to use it on a regular basis	60.87%	56
I might try it once or twice	34.78%	32
Not at all	4.35%	4
Total		92

Q2 Would you use the Fitness Zone more often if (check as many as apply):

Answered: 86 Skipped: 6



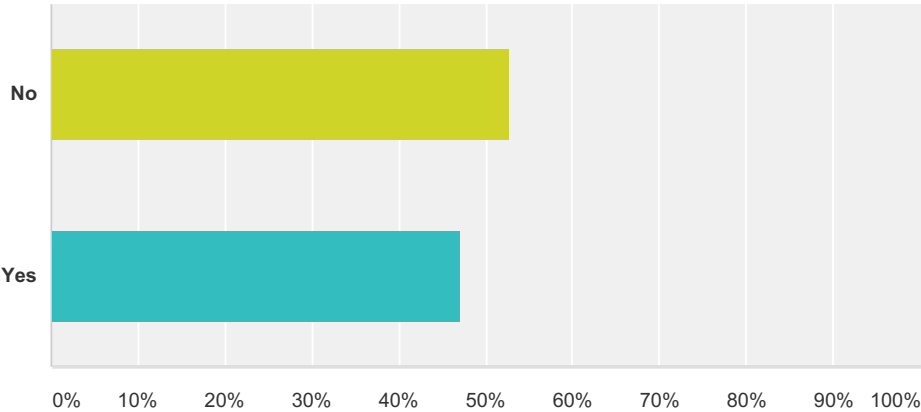
Answer Choices	Responses
There was information available on how to put together an exercise routine for your level of fitness and how to improve your strength and stamina	77.91% 67
If my friends were doing it with me	55.81% 48
Someone showed you how to use the equipment	23.26% 20
If we had an exercise competition going on	18.60% 16
Other (please specify)	15.12% 13
Total Respondents: 86	

#	Other (please specify)	Date
1	If others were not using it when I wanted to use it.	6/16/2015 1:02 PM
2	Group classes	6/16/2015 7:26 AM
3	If fitness zones were covered (or inside).	6/15/2015 6:25 PM
4	If we had more frequent bus service from Alki on Sunday.	6/15/2015 3:48 PM
5	It were closer to my home.	6/15/2015 2:52 PM
6	If there are instructions/pictures to show you how to use the equipment.	6/15/2015 2:48 PM
7	If my child could play safely nearby and the weather was nice	6/15/2015 1:37 PM
8	Find parking easily around Hiawatha	6/15/2015 12:43 PM
9	It was within walking distance from my house.	6/15/2015 12:42 PM

10	.	6/15/2015 12:32 PM
11	The equipment actually helped to improve fitness. Your choices are a joke.	6/15/2015 12:19 PM
12	If it was located near the kids playground	6/15/2015 11:12 AM
13	signs with clear explanations on how to use it and why to use it were provided	6/7/2015 3:08 PM

Q3 Would you be more likely to use the Fitness Zone if a pair of the same piece of equipment was provided for you to perform the same exercise next to a friend?

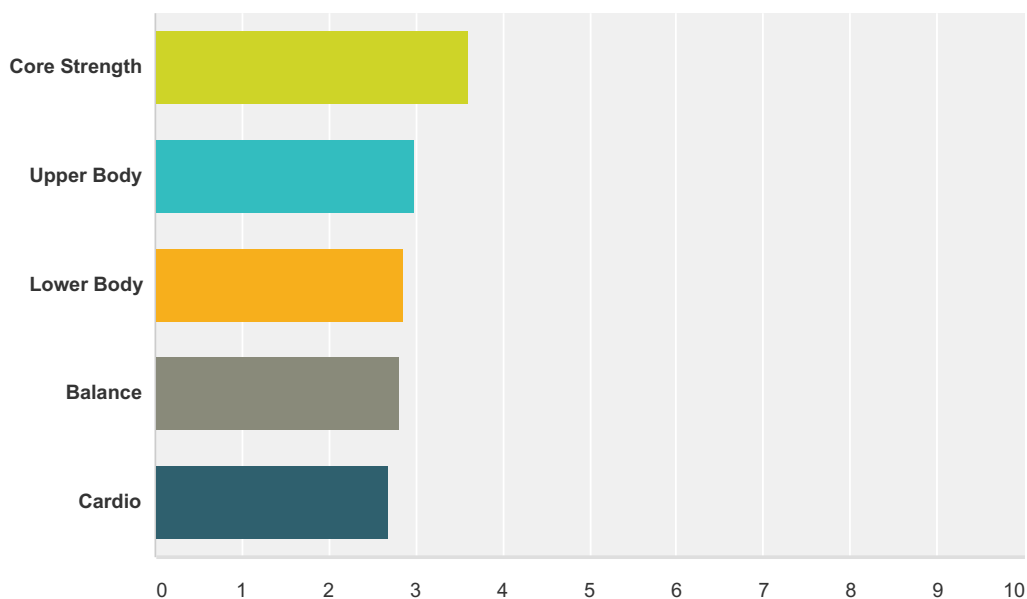
Answered: 89 Skipped: 3



Answer Choices	Responses	
No	52.81%	47
Yes	47.19%	42
Total		89

Q4 Please rank your interest in the following types of exercise: (You can drag and drop each row in your preferred order, 1-High, 5-Low)

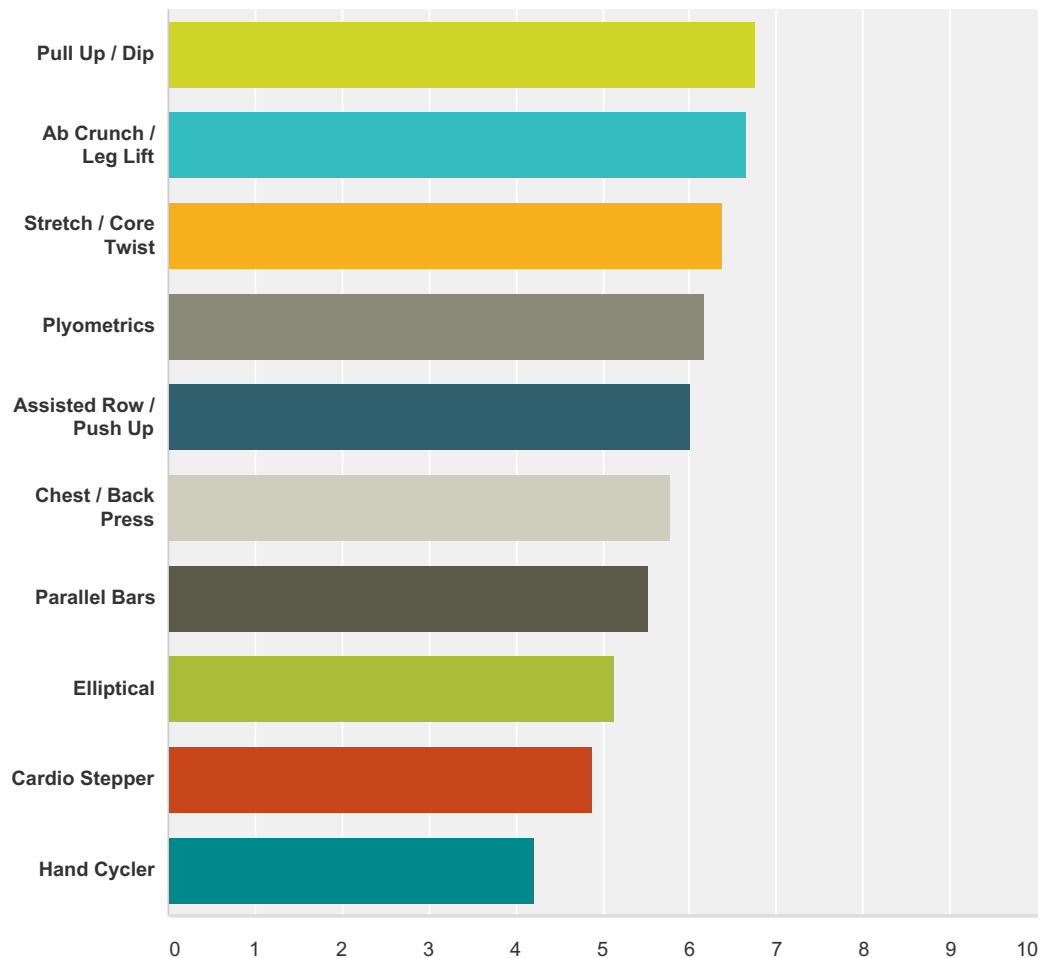
Answered: 73 Skipped: 19



	1	2	3	4	5	Total	Score
Core Strength	42.03% 29	13.04% 9	23.19% 16	7.25% 5	14.49% 10	69	3.61
Upper Body	18.03% 11	21.31% 13	22.95% 14	16.39% 10	21.31% 13	61	2.98
Lower Body	10.00% 6	25.00% 15	15.00% 9	40.00% 24	10.00% 6	60	2.85
Balance	11.94% 8	22.39% 15	20.90% 14	25.37% 17	19.40% 13	67	2.82
Cardio	16.42% 11	16.42% 11	19.40% 13	14.93% 10	32.84% 22	67	2.69

Q5 Please rank your interest in the equipment above: (You can drag and drop each row in your preferred order 1-High, 5-Low)

Answered: 74 Skipped: 18

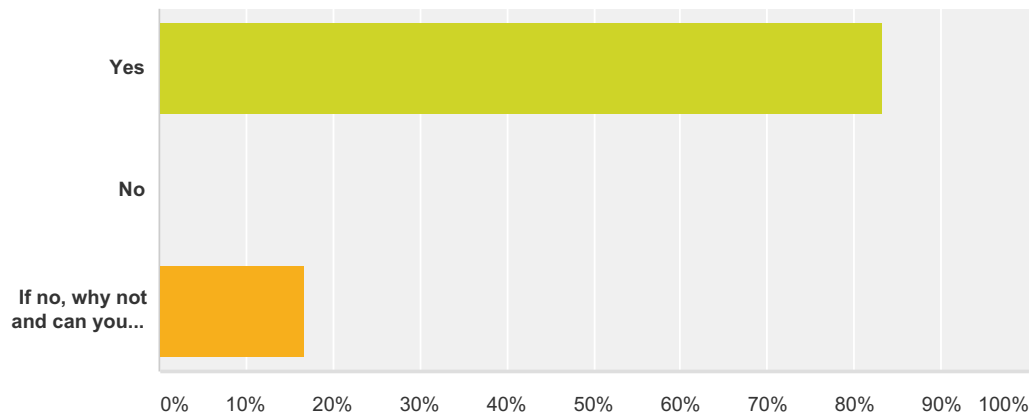


	1	2	3	4	5	6	7	8	9	10	Total	Score
Pull Up / Dip	26.23% 16	11.48% 7	14.75% 9	8.20% 5	9.84% 6	3.28% 2	6.56% 4	3.28% 2	8.20% 5	8.20% 5	61	6.77
Ab Crunch / Leg Lift	14.52% 9	8.06% 5	19.35% 12	9.68% 6	14.52% 9	17.74% 11	6.45% 4	6.45% 4	1.61% 1	1.61% 1	62	6.66
Stretch / Core Twist	6.45% 4	12.90% 8	12.90% 8	17.74% 11	19.35% 12	9.68% 6	11.29% 7	4.84% 3	1.61% 1	3.23% 2	62	6.39
Plyometrics	9.38% 6	10.94% 7	15.63% 10	14.06% 9	12.50% 8	10.94% 7	6.25% 4	10.94% 7	4.69% 3	4.69% 3	64	6.17
Assisted Row / Push Up	3.23% 2	12.90% 8	11.29% 7	17.74% 11	12.90% 8	12.90% 8	14.52% 9	11.29% 7	1.61% 1	1.61% 1	62	6.02
Chest / Back Press	5.97% 4	7.46% 5	19.40% 13	7.46% 5	13.43% 9	11.94% 8	16.42% 11	5.97% 4	8.96% 6	2.99% 2	67	5.79

Parallel Bars	7.14% 4	10.71% 6	7.14% 4	21.43% 12	5.36% 3	8.93% 5	7.14% 4	14.29% 8	12.50% 7	5.36% 3	56	5.54
Elliptical	17.91% 12	10.45% 7	7.46% 5	2.99% 2	8.96% 6	2.99% 2	2.99% 2	11.94% 8	8.96% 6	25.37% 17	67	5.13
Cardio Stepper	8.33% 5	20.00% 12	3.33% 2	1.67% 1	3.33% 2	6.67% 4	6.67% 4	13.33% 8	30.00% 18	6.67% 4	60	4.88
Hand Cycler	10.34% 6	5.17% 3	5.17% 3	5.17% 3	6.90% 4	6.90% 4	8.62% 5	10.34% 6	10.34% 6	31.03% 18	58	4.21

Q6 We are trying to place Fitness Zones: 1) where caregivers can watch their children in the playground while they use the equipment 2) not on slopes 3) not close to trees where construction would harm tree roots Considering these factors, would you say that our preliminary location for a Fitness Zone in your park is the best location?

Answered: 72 Skipped: 20



Answer Choices	Responses
Yes	83.33% 60
No	0.00% 0
If no, why not and can you describe a better location?	16.67% 12
Total	72

#	If no, why not and can you describe a better location?	Date
1	Why not locate it between the athletic field and tennis courts?	6/16/2015 9:50 AM
2	Site 2 looks better than site 1.	6/16/2015 9:38 AM
3	Confused...will you use both 1 and 2? For me, safety....being in the open..is critical.	6/16/2015 7:36 AM
4	Prefer Location 2. higher Visibility from street and sidewalk to prevent vandalism.	6/15/2015 11:50 PM
5	Most of the equipment isn't friendly for aging people who need to take care with joints, e.g., knee, hip, hands. I wouldn't want to see trees compromised for non-age friendly equipment.	6/15/2015 6:34 PM
6	That route will take people well out of reach of kids at the playground, so if that is not a consideration, perhaps the area to the west of the tennis courts would be a good option.	6/15/2015 3:43 PM
7	Should be in the shade so we keep cooler!	6/15/2015 3:25 PM
8	Too close to the trees. How about removing the bushes on the north side of the playground?	6/15/2015 2:39 PM

9	This question is confusing. Your site analysis shows 2 options but the question doesn't reference which one you are proposing. I'm not a fan of either site, this fitness equipment is an eyesore. Site 1 would be the most logical choice given your requirements outlined, not to mention closer proximity to the public restrooms.	6/15/2015 1:57 PM
10	2 is better than one. Less requirement to build, less maintenance required due to less tree droppings.	6/15/2015 12:45 PM
11	I prefer #2 but I can see a lot of advantages for others for #1	6/15/2015 11:24 AM
12	I prefer away from children. I don't want them watching and I don't want to be with people trying to use the equipment while watching their children.	6/2/2015 10:57 PM

Q7 Is there anything else we should know about this park and how it is used that would help us make this Fitness Zone a success?

Answered: 16 Skipped: 76

#	Responses	Date
1	There are a lot of runners and exercisers, including exercise classes, that use the park. Specific ideas on permanent placards that describe which exercises work which muscles would help increase and improve use. There are also a lot of teens and others that use the park after dark. Some lights on the area that would help deter vandalism would also be useful. See the adjacent tennis court for examples of vandalism that has happened in the past. Interestingly, the kids equipment is less frequently vandalized than other areas of the park.	6/16/2015 1:11 PM
2	Please maintain equipment - keep it clean, un-tagged by graffiti, and pick up garbage around the site. In addition, the park can attract groups of people who hang out at all hours (I live across from the park). It would a shame to have the equipment co-opted by those not actually using the machine.	6/16/2015 9:12 AM
3	Thank you, awesome idea.	6/16/2015 7:36 AM
4	Please consider the need for children/teens who are too large for normal playground equipment to use this for sensory regulation such as Vestibular and Proprioceptive needs, ie please do not put an age minimum on equipment	6/16/2015 7:34 AM
5	Have highschoolers do routine clean ups. There is a lot of trash left by teenagers and using a fitness zone with garbage lying around is not appealing or safe.	6/15/2015 11:50 PM
6	I can't do pull ups, parallel bars, jog-impact, etc. Can do elliptical, bicycle, regular weight equipment. Please spend money on equipment everyone can use. Near swings seems a better location. Do not harm trees - trees should take precedence. Buy less equipment and allow free use inside Hiawatha would be best, so can be used year-round. Also, why can't we use the pool in the center?	6/15/2015 6:34 PM
7	Ability to exercise and keep an eye on kids at the playground is brilliant!	6/15/2015 3:41 PM
8	It would be cool if kids and teenagers were able to use the equipment as well	6/15/2015 3:38 PM
9	I'd prefer location #2 over #1.	6/15/2015 2:56 PM
10	Do these have to be permanently installed or could you try a few different places? The first choice is too close to the century tree & the second takes away a great play field.	6/15/2015 2:39 PM
11	Looking forward to it!	6/15/2015 2:25 PM
12	I'm all for supporting increased physical activity for people, especially kids and historically under served populations. I truly wonder though, we are we spending money on physical equipment that will require long-term maintenance and potentially become a target for vandalism? I would imagine the dollars could be better spent on maintenance of the existing grounds, improving or replacing play equipment, longer/more regular hours for the wading pool, more classes, etc.	6/15/2015 1:57 PM
13	This is great. I remember trying out the set at University District playground, enjoying it, and hoping one would be built near me in West Seattle. Another ideal place to build one is near Don Armeni Park, where runners and pedestrians can use it. Yay!	6/15/2015 12:55 PM
14	Needs more access times for West Seattle High School student athletes	6/15/2015 12:46 PM
15	while site one is smaller and has more problems with trees, it does offer quite a bit of shade. The second site can get quite toasty when just standing around watching the kids swing, so I can't even imagine it when you're exercising.	6/7/2015 3:15 PM
16	The equipment could be placed all over so that some was where children can be seen/heard and some not. the current indoor equipment is horrible.	6/2/2015 10:57 PM